**What is claimed is:**

1. A custom footbed for a foot, the footbed comprising:

a substrate comprising an upper surface formed to the contour of only a portion of the plantar surface of the foot; and

a depression occupying a selected area of the upper surface of the substrate, wherein the upper surface of the substrate deviates from the contour of the plantar surface of the foot within the selected area occupied by the depression, and whereby the depression and the foot define a cavity.

2. A footbed according to claim 1, further comprising a compressible wound spacer located within the depression.

3. A footbed according to claim 1, wherein the upper surface of the substrate is formed to the contour of a majority of the plantar surface of the foot.

4. A footbed according to claim 1, wherein the substrate comprises a uniform layer thickness.

5. A footbed according to claim 1, wherein the selected area occupied by the depression encompasses the distal metatarsal heads of the foot.

6. A footbed according to claim 2, wherein the wound spacer and depression extend across the width of the substrate.

7. A footbed according to claim 2, wherein the wound spacer is attached to the upper surface of the substrate.

8. A footbed according to claim 2, wherein the substrate comprises moisture-cured resin, and further wherein the wound spacer is attached to the substrate by the moisture-cured resin.

9. A footbed according to claim 2, further comprising a contact layer attached to the footbed over the upper surface of the substrate and the wound spacer.

10. A footbed according to claim 9, wherein the wound spacer is retained within the depression by the contact layer.

11. A footbed according to claim 9, wherein the contact layer comprises a shear-absorbing textile.

12. A method of constructing a custom footbed, the method comprising:

providing a curable substrate comprising curable material;

providing a compressible surface;

providing a wound spacer;

locating the curable substrate on the compressible surface;

positioning the wound spacer at a selected location between a foot and the substrate;

forming the curable substrate to the contour of a portion of the plantar surface of the foot, wherein the curable substrate deviates from the contour of the plantar surface of the foot within the selected location occupied by the wound spacer; and

curing the substrate after forming.

13. A method according to claim 12, wherein the curable substrate comprises a textile impregnated with the curable material, wherein the curable material comprises moisture curable resin.

14. A method according to claim 12, wherein the curable substrate and the compressible surface extend over the entire length of the foot.

15. A method according to claim 14, further comprising locating a toe spacer between the toes of the foot and the curable substrate before forming the curable substrate.

16. A method according to claim 12, wherein the wound spacer extends across the width of the substrate.

17. A method according to claim 12, wherein the wound spacer is retained on the substrate after curing.

18. A method according to claim 12, further comprising removing the wound spacer from between the foot and the substrate after curing.

19. A method according to claim 12, further comprising attaching a contact layer to the substrate after curing.

20. A method according to claim 12, wherein the wound spacer is retained on the substrate after curing, and wherein the method further comprises attaching a contact layer to the substrate after curing, such that the wound spacer is retained between the substrate and the contact layer.

21. A method according to claim 12, wherein the wound spacer has a higher compression modulus than the compressible surface.

22. A custom footbed kit comprising:

a compressible article comprising a compressible surface;

a wound spacer;

toe spacer material; and

a package containing the compressible article, the wound spacer, and the toe spacer material.

23. A kit according to claim 22, further comprising a curable substrate.

24. A kit according to claim 23, wherein the curable substrate comprises moisture curable resin.

25. A kit according to claim 22, wherein the compressible article comprises two or more layers, each layer comprising a different compression modulus.

26. A kit according to claim 22, further comprising contact layer material, wherein the contact layer material is contained within the package.

27. A kit according to claim 22, wherein the wound spacer has a higher compression modulus than the compressible surface.

28. A custom footbed kit comprising:

a compressible article comprising a compressible surface;

a wound spacer; and

directions for constructing a custom footbed, wherein the directions comprise instructions to:

locate a curable substrate on the compressible surface;

position the wound spacer at a selected location between a foot and the curable substrate;

form the curable substrate to the contour of a portion of the plantar surface of the foot, wherein the curable substrate deviates from the contour of the plantar surface of the foot within the selected location occupied by the wound spacer; and

cure the curable substrate after forming the curable substrate.

29. A kit according to claim 28, wherein the instruction to locate the curable substrate on the compressible surface comprises locating a curable substrate comprising moisture curable resin.

30. A kit according to claim 28, wherein the instruction to form the curable substrate further comprises an instruction to step on the curable substrate and the wound spacer with the foot.

31. A kit according to claim 28, wherein the compressible article comprises two or more layers, each layer comprising a different compression modulus.

32. A kit according to claim 28, wherein the wound spacer has a higher compression modulus than the compressible surface.

33. A kit according to claim 28, further comprising contact layer material, and wherein the directions further comprise an instruction to attach the contact layer material to the substrate after curing.

34. A kit according to claim 28, further comprising toe spacer material, and wherein the directions further comprises an instruction to locate the toe spacer material between the toes of the foot and the curable substrate before curing, wherein the curable substrate deviates from the contour of the plantar surface of the foot beneath the toes.

35. A custom footbed kit comprising:

a compressible article comprising a compressible surface;

a wound spacer;

toe spacer material; and

directions for constructing a custom footbed, wherein the directions comprise instructions to:

locate a curable substrate on the compressible surface, wherein the curable substrate comprises moisture curable resin;

position the wound spacer at a selected location between a foot and the curable substrate, wherein the wound spacer is in contact with the curable substrate;

locate the toe spacer material between the toes of the foot and the curable substrate;

form the curable substrate to the contour of a portion of the plantar surface of the foot, wherein the curable substrate deviates from the contour of the plantar surface of the foot within the selected location occupied by the wound spacer; and

cure the curable substrate after forming, wherein the wound spacer is retained on the substrate after curing.

36. A kit according to claim 35, further comprising contact layer material, and wherein the directions further comprise an instruction to attach the contact layer material to the substrate after curing.